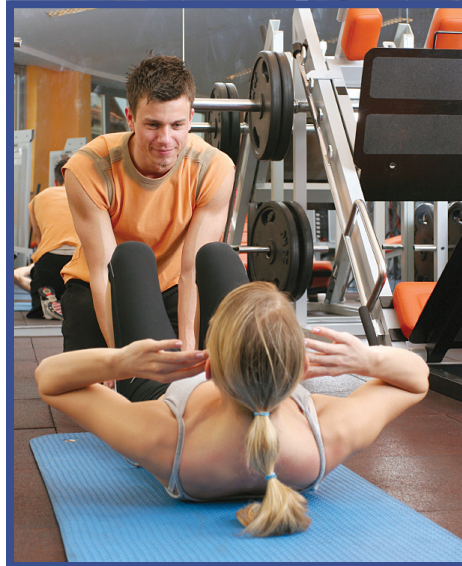




InShape

West Valley City Fitness and Recreation Center News



Wellness News

Beginning in March, the Family Fitness Center will be offering wellness seminars **FREE** to our members. Come and learn about various topics such as eating healthy, exercising properly and diet myths. Seminars will be held weekly in March. Look for a detailed schedule at the fitness center.

ALSO COMING YOUR WAY!!
Biggest Loser program begins March 8.
Details coming soon and will be available at the Fitness Center.

Personal Trainers

Make a resolution to start working out but not sure how to begin?

Come in and schedule an appointment at the front desk with a personal trainer today.

When signing up or renewing your membership you receive 2 **FREE** fitness assessment appointments per year. So come on in and get started today!!



Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Three options to choose from, starting at \$70 for ten kids and two adults. Additional guests, pizzas, drinks, and cakes available at an additional cost.

Reservations must be made one week prior to event.

Itty Bitty Ball (Boys and Girls Ages 4 – 6)

February 20 – March 27
Saturdays starting at 10 a.m.

Members: \$38
Non-Members: \$40

Includes photo, t-shirt, and award

Registration due February 1, 2010
Late fee of \$10 will be applied after registration date

Big Kids Ball (Boys and Girls Ages 7 – 10)

February 16 – March 25
Practices on Tuesdays; Games on Thursdays beginning at 6 p.m.

Members: \$38
Non-Members: \$40

Includes photo, t-shirt, and award

Registration due February 1, 2010
Late fee of \$10 will be applied after registration date

Wellness Tip of the Month

You know you ought to exercise...

7 Steps to Cure the Problem

1. Go light
2. Breathe right
3. Get some rest
4. Reward yourself
5. Cut back on junk food
6. Use positive statements to get started
7. Replace negative self-talk with encouragement

** Nothing provided herein should be construed as substitute for advice or treatment by a medical or health care professional. Any information pertaining to your health should be reviewed with your doctor.

Stars on Stage

Give your 5 - 12 year old a chance to Sing, dance, and shine on stage!

When: Thursdays

8 - 12 year olds: 4:00 – 5:00 pm
5 - 7 year olds: 5:00 - 5:45 pm

Where: WVCFFC Community Room A

Fee: \$20 per month per child or \$30 per month for a family

Performance will be in May

Register at WVCFFC front desk
Call (801) 859-1993 for more information

Busy Bee

This twice-a-week program is designed for 3 to 5 year olds (must be potty trained), and features a variety of activities including arts & crafts, music, letter & number recognition, and more!

Members - \$40/month
Non-Members - \$45/month

For more information, call
(801) 955-4000.

Tae Kwon Do

(For ages 8 & older)

Tuesdays and Thursdays

New/Beginner:
7 - 7:45 pm

Intermediate/Advanced:
7:45 - 8:30 pm

Members, \$30; non-members, \$40
(monthly)

West Valley Dance Force



The Family Fitness Center offers all formats of dance, including ballet, hip-hop, jazz, cheer, tap, and more! Adult classes are also available.

For more information, call
(801) 955-4030.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

